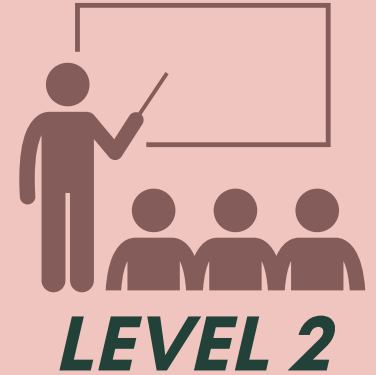




Safe Start Training

First Aid for Mental Health

Suitable if you wish to be a Mental Health First Aider



LEVEL 2

This 1-Day course covers the content of the Level 1 course but also expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace.

Course Duration



A minimum of 6 hours spread over at least one day. Ideally, the course should be run in one day, but must be completed within 3 weeks of starting the course, with each training session a minimum of two hours

Entry Requirements



Age restrictions Learners must be a minimum of 14 years of age upon course commencement.

Course Syllabus



A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace

Assessment

A range of methods are used, including practical and questioning (open and multiple-choice).



Certification



A Level 2 Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.

Pricing



Online distance learning classes accommodate a maximum of 16 delegates. To enable to achieve maximum learning there is a minimum class size of 4 delegates.

£75.00 per delegate for up to 6 delegates

£65.00 per delegate from 7 to 12 delegates

£55.00 per delegate from 12 to 16 delegates

Further reduced rates can be arranged for larger groups over multiple sessions

**PRICES ARE INCLUSIVE OF PERSONALISED LEARNING LEARNING RESOURCES (E-BOOK WITH YOUR LOGO) AND PERSONALISED OFQUAL ACCREDITED CERTIFICATES (WITH YOUR LOGO)
COURSE ALSO INCLUDES MENTAL HEALTH FIRST AIDER PIN BADGE AND EMAIL LOGO**

**BOOK YOUR ANNUAL FIRST AID FOR MENTAL HEALTH REFRESHER AT THE SAME TIME AND
RECEIVE 20% OFF THE COURSE FOR ALL DELEGATES**

in Association with



FIRST AID AWARDS LTD

and

